pampered chef

SEASON'S BEST®

Dinner, Simplified

Chicken Sausage & Spinach Ravioli, p. 28

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Nutrition Symbols

Recipes in this cookbook can be included in a healthy diet when considered in the context of a daily or weekly meal plan. At the time of printing, the nutrition symbols used in the recipes were based on FDA's recommended Daily Values for a 2,000 calorie daily intake for adults. For more information, visit fda.gov (USA) or healthcanada.gc.ca/foodguide (Canada).

LOW SODIUM — **Low Sodium:** ≤ 140 mg per serving

LOW CARB — **Low Carb:** ≤ 15 g per serving

LOW CALORIE — **Low Calorie:** ≤ 250 calories per serving

HIGH FIBER — **High Fiber:** ≥ 5 g per serving

LOW -FAT- — **Low Fat:** ≤ 3 g and ≤ 30% of calories from fat per serving

V — **Vegetarian:** Does not contain meat, fish, or poultry

VEGAN — **Vegan:** Does not contain any animal products, including eggs, milk, cheese, other dairy products, or honey

G F — **Gluten-Free:** We have verified that recipes marked as gluten-free do not contain wheat, rye, barley, or oats. Read packaged ingredient labels to make sure there are no hidden sources of gluten. Serving recommendations may contain gluten.

Egg Roll in a Bowl

6 Servings | 5 mins Prep Time | 20 mins Total Time

Egg Roll

- 1 tbsp (15 mL) canola oil
- ½ onion
- 1 lb. (450 g) ground turkey sausage or pork sausage
- 1 red bell pepper
- 2 pkg (14 oz./397 g *each*) coleslaw mix (see cook's tip)
- Optional: cooked white or brown rice
- Optional: chow mein noodles or sesame sticks

Sauce

- 2 green onions
- 3 tbsp (45 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) honey
- 1–2 tsp (5–10 mL) Sriracha or other hot sauce

Directions

1. Heat the oil in the **12" (30-cm) Nonstick Skillet** over medium heat for 3–5 minutes. Cut the onion into chunks and chop in the **Manual Food Processor**.
2. Add the onion and sausage to the skillet. Cook for 5–7 minutes, using the **Mix 'N Chop** to break the sausage into pieces.
3. Cut the top off of the bell pepper, then remove the seeds and veins with the **Scoop Loop™**. Finely chop the bell pepper in the processor. Add the bell pepper and coleslaw to the skillet and stir well. Cover and cook for 5–6 minutes. (The mixture will cook down.)
4. For the sauce, add the green onion to the processor; finely chop. Add the soy sauce, honey, and Sriracha; process until combined.
5. Pour the sauce into the skillet. Cook, uncovered, for 1–2 minutes, or until evenly combined and heated through.
6. Place rice into bowls and top with the mixture. Top with chow mein noodles or sesame sticks, if desired.

Cook's Tip

Instead of the coleslaw mix, you can use 1 small head of cabbage and 2 medium grated carrots. Cut the cabbage with the **Simple Slicer** on the No. 2 setting. In step 3, cook for an additional 3–5 minutes.

U.S. nutrients per serving: Calories 180, Total Fat 6 g, Saturated Fat 1.5 g, Carbohydrate 14 g, Cholesterol 55 mg, Sodium 810 mg, Fiber 4 g, Sugars 5 g, Protein 17 g

LOW CARB LOW CALORIE G&F

Beef Stroganoff & Green Bean Casserole

6 Servings | 2 mins Prep Time | 20 mins Total Time

Ingredients

- 8 oz. (250 g) white mushrooms
- 2 garlic cloves
- 2 tbsp (30 mL) flour
- ½ tsp (2 mL) salt
- 8 oz. (250 g) 90% lean ground beef
- 6 oz. (175 g) fresh green beans
- 1½ tsp (7 mL) **All-Purpose Dill Mix**, divided
- 4 oz. (125 g) egg noodles (about 2 cups/500 mL)
- 1¾ cups (425 mL) low-sodium beef broth
- ½ cup (125 mL) French fried onions
- ¼ cup (50 mL) panko bread crumbs
- ½ cup (125 mL) sour cream

Directions

1. Slice the mushrooms with the **Quick Slice**. Add the mushrooms, garlic pressed with the **Garlic Press**, flour, and salt to the **Rockcrok® Everyday Pan** or **Deep Covered Baker** and stir to combine.
2. Add the beef and mix well. Microwave, covered, on HIGH for 7–9 minutes, or until the beef is no longer pink, breaking into crumbles halfway through with the **Mix 'N Chop**.
3. Meanwhile, trim the green beans and cut them into bite-sized pieces. When the beef is done, add *1 tsp (5 mL)* of the seasoning, green beans, noodles, and broth. Microwave, covered, on HIGH for 8–10 minutes, or until the noodles are cooked.
4. Meanwhile, combine the remaining seasoning, fried onions, and panko in the **Manual Food Processor** and process until combined.
5. Add the sour cream to the pan and stir to combine. Let it stand for 3–5 minutes, then top with the onion mixture.

Cook's Tip

You can make this recipe with ground turkey instead of ground beef.

U.S. nutrients per serving: Calories 340, Total Fat 11 g, Saturated Fat 5 g, Cholesterol 60 mg, Sodium 500 mg, Carbohydrate 39 g, Fiber 5 g, Sugars 5 g, Protein 20 g

HIGH
FIBER

Grilled Spinach, Basil & Honey Pizza

8 Servings | 5 mins Prep Time | 20 mins Total Time

Ingredients

- ¼ cup (50 mL) cornmeal for dusting
- 1 pkg (13.8 oz./391 g) refrigerated pizza dough
- 8 cups (2 L) fresh baby spinach
- 3 garlic cloves
- 8 oz. (250 g) mozzarella cheese, divided (2 cups/500 mL grated)
- ½ cup (125 mL) part-skim ricotta cheese
- ¼ cup (50 mL) loosely packed fresh basil leaves, divided
- 2 tbsp (30 mL) honey, divided
- ½ tsp (5 mL) salt

Directions

1. Heat the **Nonstick Double Burner Grill** over medium heat for 3–5 minutes.
2. Use the **Powdered Sugar Shaker** to generously sprinkle cornmeal over a large, clean cutting board. Unroll the pizza dough over the cornmeal. Use the **Baker's Roller®** to roll the dough into a 16" x 8" (40.5-cm x 20-cm) rectangle. Sprinkle with additional cornmeal.
3. Fold the dough in half, then gently lift and place it in one half of the pan (see cook's tip). Carefully unfold the dough and stretch it to fit the bottom of the pan. Cook for 3–5 minutes, or until dark grill marks appear.
4. Place the spinach and garlic pressed with the **Garlic Press** in a **Classic Batter Bowl**. Microwave, uncovered, for 1–2 minutes on HIGH for the spinach to wilt. Use the back of a **Mix 'N Scraper®** to press out the excess water; discard.
5. Grate the mozzarella with the **Microplane® Adjustable Coarse Grater**.
6. Add the ricotta, *half* of the mozzarella, *half* of the basil grated with the **Herb Mill**, *half* of the honey, and salt to the batter bowl. Mix well.
7. Use the **Large Chef's Tongs** to flip the crust, then reduce the heat to medium-low. Spread the spinach mixture evenly over the crust, then top with the remaining mozzarella. Cook for 5–7 minutes, or until the cheese is melted and the crust is browned.
8. Drizzle with the remaining honey and grate the remaining basil over the top before serving.

Cook's Tips

To transfer your dough, fold it in half then gently lift it into the pan.

Want to make your own dough? Try the *5-Minute Dough* recipe on pamperedchef.com.

U.S. nutrients per serving: Calories 250, Total Fat 8 g, Saturated Fat 4 g, Cholesterol 20 mg, Sodium 730 mg, Carbohydrate 32 g, Fiber 2 g, Sugars 7 g, Protein 14 g

Sloppy Joe Skillet With Polenta

6 Servings | 5 mins Prep Time | 20 mins Total Time

Sloppy Joes

- 1 tbsp (15 mL) canola oil
- 1 lb. (450 g) 90% lean ground turkey
- 1 medium green bell pepper
- 1 medium onion
- 1 large carrot, peeled
- 2 garlic cloves
- 1 cup (250 mL) tomato sauce
- 3 tbsp (45 mL) brown sugar
- 2 tbsp (30 mL) apple cider vinegar
- 1 tbsp (15 mL) **Southwestern Seasoning Mix**
- 1 can (15 oz./398 mL) reduced-sodium pinto beans, rinsed and drained

Optional: avocado slices

Cheddar-Chive Polenta

- 1 log (17–18 oz./480–540 g) instant plain polenta
- ⅔ cup (150 mL) water
- 2 oz. (60 g) reduced-fat cheddar cheese, plus additional for topping
- ½ cup (125 mL) milk
- 2 tbsp (30 mL) fresh chives, chopped

Directions

1. Heat the oil in the **12" (30-cm) Nonstick Skillet** over medium heat for 3–5 minutes. Add the turkey and cook undisturbed for 2–3 minutes, or until it's browned. Break the turkey into crumbles with **Mix 'N Chop** and cook for an additional 2–3 minutes, or until it's cooked through.
2. Meanwhile, cut off the top of the bell pepper and remove the seeds and veins with the **Scoop Loop™**. Cut the pepper and onion into chunks and add them to the **Manual Food Processor**. Process until finely chopped, then transfer to a bowl. Use the **Veggie Strip Maker** to grate the carrot into the bowl. Press the garlic into the bowl with the **Garlic Press**.
3. Add the vegetables to the skillet and stir to combine. Cook for 4–5 minutes, stirring occasionally, until the onion is translucent.
4. Open the polenta over the sink to let water drain out. Place the polenta into the **3-qt. (3-L) Micro-Cooker® Plus** and use the Mix 'N Chop to break it up into small pieces. Add the water and microwave, covered, on HIGH for 3–4 minutes, stirring halfway through to mash up the polenta.
5. Grate the cheese with the **Microplane® Adjustable Coarse Grater**. Remove the cooker from the microwave. Add the cheese, milk, and chives, and stir to combine.
6. Add the tomato sauce, brown sugar, vinegar, and seasoning to the skillet. Add the beans and stir to combine. Cook for 1–2 minutes, or until heated through.
7. Serve over polenta and top with avocado slices and additional grated cheese, if desired.

Cook's Tips

Polenta is the Italian version of mashed potatoes or grits. You can buy precooked polenta in the Italian section of most grocery stores near the dry pasta.

If you can't find polenta, you can substitute mashed potatoes or cauliflower. Or serve the sloppy Joes on buns.

U.S. nutrients per serving (½ cup/125 mL polenta and ¾ cup/175 mL sloppy Joe): Calories 300, Total Fat 7 g, Saturated Fat 2.5 g, Cholesterol 50 mg, Sodium 760 mg, Carbohydrate 37 g, Fiber 6 g, Sugars 11 g, Protein 23 g

Quick Cooker Chicken Teriyaki & Rice

4 Servings | 5 mins Prep Time | 34 mins Total Time

Ingredients

- 1 1" (2.5-cm) piece fresh ginger, peeled
- ¼ cup (50 mL) reduced-sodium soy sauce
- 2 tbsp (30 mL) mirin rice cooking wine
- 2 tbsp (30 mL) honey
- 2 garlic cloves
- 1½–2 lbs. (700 g–1 kg) bone-in, skin-on chicken thighs or legs
- 1 cup (250 mL) uncooked long-grain white rice, rinsed
- 1 cup (250 mL) water
- 1 green onion, thinly sliced
- 1½ tsp (7 mL) toasted sesame seeds

Directions

1. Grate the ginger with the **Microplane® Zester** to measure 1 tsp (5 mL).
2. Whisk the ginger, soy sauce, mirin, honey, and garlic pressed with the **Garlic Press** in the inner pot of the **Quick Cooker**. Add the chicken. Place the wire rack into the inner pot with all three feet touching the bottom.
3. Add the rice and water to the **Ceramic Pot** and cover with the stretch-fit lid. Place the ceramic pot into the wire cradle and lower onto the wire rack. Lock the lid and select the CHICKEN/POULTRY setting. Adjust the time to 9 minutes and press START.
4. When the timer is up, let the steam release naturally for 10 minutes, then press the steam-release button to release any remaining pressure. Press CANCEL.
5. Carefully lift the ceramic pot out and fluff the rice with a fork.* Serve the chicken over rice with sauce, and sprinkle with onion and sesame seeds.

Cook's Tips

To toast the sesame seeds, spread them in a single layer in a small fry pan. Toast the seeds over medium heat until they begin to brown, stirring frequently. Remove the seeds from the pan and cool completely.

You can substitute 1 lb. (450 mL) of frozen chicken tenderloins for the chicken thighs or legs. Reduce the cooking time to 7 minutes.

Safety Tip: *Use oven mitts or grips to remove the ceramic pot from the stainless steel inner pot.

U.S. nutrients per serving (½ cup/125 mL rice and about 2 chicken thighs): Calories 360, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 95 mg, Sodium 370 mg, Carbohydrate 50 g, Fiber 1 g, Protein 24 g

Quick Cooker Red Lentil & Spinach Soup

6 Servings | 10 mins Prep Time | 33 mins Total Time

Ingredients

- 3 large carrots, peeled
- 2 stalks celery
- 1 medium onion
- 1 tbsp (15 mL) olive oil
- 2 garlic cloves
- 4 cups (1 L) vegetable stock
- 1 cup (250 mL) uncooked red lentils, rinsed
- 1 tsp (5 mL) ground cumin
- 1 bay leaf
- ½ tsp (2 mL) *each* salt and black pepper
- 5 cups (1.25 L) fresh baby spinach leaves
- ½ cup (125 mL) canned coconut milk
- ½ lime

Directions

1. Slice the carrots and celery with the **Simple Slicer** on the No. 3 setting. Cut the onion into chunks and place them in the **Manual Food Processor**; process until coarsely chopped.
2. Set the **Quick Cooker** to SEAR and press START. Heat the oil for 3 minutes. Add the carrots, celery, onion, and garlic pressed with the **Garlic Press**. Cook uncovered for 4 minutes, stirring frequently.* Press CANCEL.
3. Add the stock, lentils, cumin, bay leaf, salt, and pepper. Lock the lid and select the SOUP/STOCK setting. Adjust the time to 10 minutes and press START.
4. When the timer is up, press CANCEL. Press the steam-release button to manually release the pressure.
5. Carefully remove the bay leaf. Stir in the spinach, coconut milk, and juice from the lime pressed with the **Citrus Press**.* Let the mixture stand, covered, for 5 minutes before serving.

Cook's Tip

Red lentils start out red, but turn pale yellow as they cook. They have a subtle flavor that complements the cumin, coconut, and lime in this soup.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

U.S. nutrients per serving (1 cup/250 mL): Calories 220, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 0 mg, Sodium 490 mg, Carbohydrate 31 g, Fiber 7 g, Sugars 4 g, Protein 10 g

Quick Cooker Carnitas

8 Servings | 10 mins Prep Time | 30 mins Total Time

Ingredients

- 2 boneless pork tenderloins (2 lbs./ 1 kg), trimmed (see cook's tips)
- 1 tbsp (15 mL) chili powder
- 2 tsp (10 mL) salt
- 1 tsp (5 mL) ground cumin
- 1 tbsp (15 mL) canola oil
- 1 large red bell pepper
- 1 large onion
- 4 garlic cloves
- 1 lime (plus additional for garnish)

Optional: corn or flour tortillas, sour cream or Greek yogurt, salsa

Directions

1. Cut each pork loin into 1" (2.5-cm) pieces. Combine the chili powder, salt, and cumin in a small bowl, then sprinkle the spice mixture over the pork.
2. Set the **Quick Cooker** to SEAR and press START. Heat the oil in the inner pot for 3 minutes. Add the pork and cook uncovered for 3–5 minutes, stirring occasionally.* Press CANCEL.
3. Cut off the top of the bell pepper and remove the seeds and veins using the **Scoop Loop™**. Slice the bell pepper and onion with the **Simple Slicer** on the No. 3 setting. Add the onion, bell pepper, garlic pressed with the **Garlic Press**, and juice from the lime pressed with the **Citrus Press** to the Quick Cooker.
4. Lock the lid and select the BEEF/PORK setting. Adjust the time to 8 minutes and press START.
5. When the timer is up, press CANCEL. Press the steam-release button to manually release the pressure.
6. Remove the pork and vegetables with the **Scoop 'N Drain** and reserve ¼ cup (50 mL) of the liquid.* Shred the pork and toss with the reserved liquid. Serve on tortillas with your favorite toppings.

Cook's Tips

To trim a pork tenderloin, place the blade of a **Utility Knife** under the silver skin, keeping the blade angled away from the meat as you cut along the entire length.

For richer flavor, you can substitute the pork tenderloin with 2 lbs. (1 kg) of pork shoulder, cut into 2" (5-cm) cubes. In step 4, set the Quick Cooker to the BEEF/PORK setting, without adjusting the time, and continue as the recipe directs in steps 5–6.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

U.S. nutrients per serving (carnitas only): Calories 140, Total Fat 2.5 g, Saturated Fat 1 g, Cholesterol 75 mg, Sodium 640 mg, Carbohydrate 5 g, Fiber 1 g, Sugars 1 g, Protein 24 g

Quick Cooker Cheddar Broccoli Risotto With Chicken

8 Servings | 5 mins Prep Time | 32 mins Total Time

Ingredients

- 2 tbsp (30 mL) olive oil
- 1 medium red bell pepper
- 1 medium onion
- 2 garlic cloves
- ½ tsp (2 mL) salt
- 1 cup (250 mL) uncooked Arborio rice
- 1 lb. (450 g) chicken tenderloins
- 3 cups (750 mL) low-sodium chicken broth
- 1 tbsp (15 mL) Dijon mustard
- 4 oz. (125 g) sharp cheddar cheese (1 cup/250 mL grated)
- 2 cups (500 mL) small broccoli florets
- 2 oz. (60 g) cream cheese, cubed
- ½ lemon

Directions

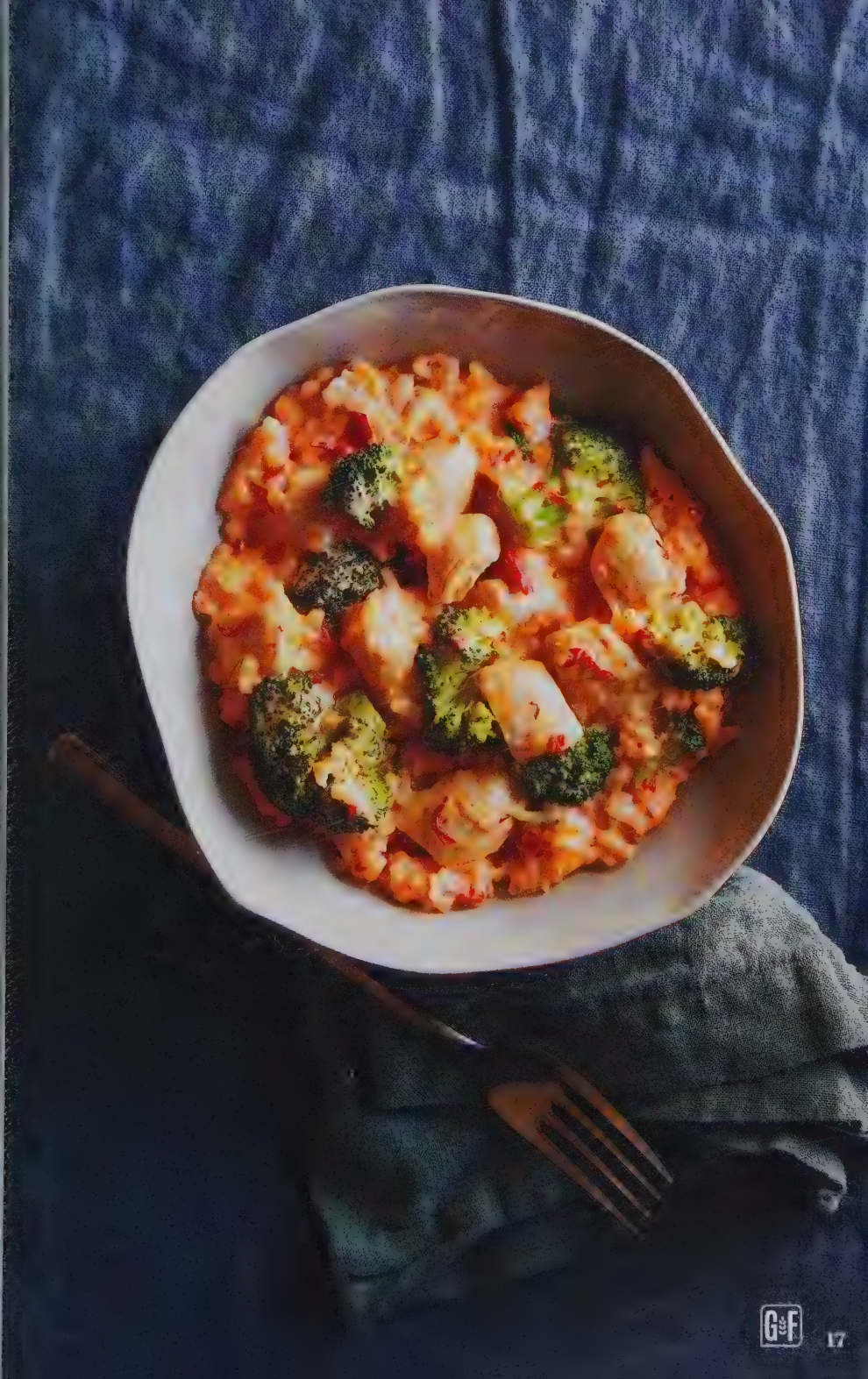
1. Set the **Quick Cooker** to SEAR and press START. Heat the oil in the inner pot for 3 minutes.
2. Cut the top off the bell pepper and remove the seeds and veins with the **Scoop Loop™**. Cut the bell pepper and the onion into chunks and place them into the **Manual Food Processor**; process until finely chopped.
3. Add the onion, bell pepper, garlic pressed with the **Garlic Press**, and salt to the Quick Cooker and cook uncovered for 4 minutes, stirring frequently. Add the rice and stir to combine.* Press CANCEL.
4. Cut chicken into bite-sized pieces. Add the chicken, broth, and mustard, then stir.* Lock the lid, select the WHITE RICE setting, and press START.
5. While the rice is cooking, grate the cheese with the **Microplane® Adjustable Coarse Grater**.
6. When the timer is up, press CANCEL. Press the steam-release button to manually release the pressure.
7. Stir in the broccoli and cheeses until well combined.* Set to SEAR and press START. Cook uncovered for 5 minutes, stirring frequently.* Press CANCEL. Before serving, juice the lemon into the rice with the **Citrus Press**.

Cook's Tip

Risotto gets its signature creamy texture from the rice grains bumping into one another, which releases starch. Once it's on a plate, it should flow like lava if you tip it. If your risotto mixture is too thick, add a little chicken broth until it gets to the right consistency.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

U.S. nutrients per serving (1 cup/250 mL): Calories 350, Total Fat 16 g, Saturated Fat 6 g, Cholesterol 40 mg, Sodium 770 mg, Carbohydrate 35 g, Fiber 2 g, Sugars 3 g, Protein 19 g



Roasted Red Pepper Pasta

8 Servings | 5 mins Prep Time | 30 mins Total Time

Ingredients

- 5 qts. (5 L) water
- 2 tbsp (30 mL) salt
- 1 tbsp (15 mL) olive oil
- ¼–½ tsp (1–2 mL) red pepper flakes
- 1 tbsp (15 mL) **Italian Seasoning Mix**
- 1 can (6 oz./170 g) tomato paste
- 1 lb. (450 g) rotini pasta
- 1 can (14 oz./411 g) fire-roasted tomatoes, undrained
- 1 jar (16 oz./454 g) roasted red peppers, undrained
- 1 tbsp (15 mL) balsamic vinegar
- ⅓ cup (75 mL) golden raisins
- Optional: grated Parmesan cheese, fresh basil

Directions

1. Bring the water to a boil in the **Multipot** and add the salt.
2. Heat the oil in the **12" (30-cm) Nonstick Skillet** over medium heat for 3–5 minutes. Add the red pepper flakes and seasoning. Toast for 1 minute, or until fragrant.
3. Add the tomato paste to the pan and stir. Cook for 3 minutes, stirring occasionally.
4. Carefully lower the **Silicone Collapsible Steamer & Strainer** (fully expanded) into the pot. Add the pasta and cook, uncovered, for 1 minute less than the instructions on the box, stirring occasionally.
5. Add the remaining ingredients to the tomato paste mixture and stir to combine. Bring to a simmer, then reduce the heat to medium-low and continue to simmer until the pasta is finished cooking, breaking the peppers with the **Mix 'N Chop**.
6. Carefully lift the pasta out of the water and transfer it to the skillet. Use a ladle to add ½ cup (125 mL) of the pasta water to the skillet.
7. Continue to simmer the pasta for 1–2 minutes, or until the water has been absorbed and the sauce has coated the pasta.

Cook's Tip

The golden raisins add a touch of sweetness that balances the bitterness of the roasted peppers and tomatoes.

U.S. nutrients per serving: Calories 290, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 300 mg, Carbohydrate 59 g, Fiber 6 g, Sugars 11 g, Protein 9 g

Sweet Potato Black Bean Enchilada Casserole

6 Servings | 15 mins Prep Time | 30 mins Total Time

Ingredients

- 1 large sweet potato, peeled
- 1 small red onion
- 4 oz. (125 g) reduced-fat cheddar cheese (1 cup/250 mL grated)
- 1 can (15 oz. or 398 mL) reduced-sodium black beans, rinsed and drained
- 1 tsp (5 mL) ground cumin
- 1 cup (250 mL) red enchilada sauce, divided
- 6 6" (15-cm) corn tortillas, divided

Optional toppings: salsa, sour cream or Greek yogurt, diced avocado, cilantro

Directions

1. Use the **Veggie Strip Maker** to grate the sweet potato into the **Rockcrok® Everyday Pan**.
2. Finely chop the red onion with the **Food Chopper**. Add the red onion to the pan. Microwave, uncovered, on HIGH, for 3–4 minutes.
3. Grate the cheese with the **Microplane® Adjustable Coarse Grater**.
4. Remove the pan from the microwave and transfer the mixture to the medium **Glass Mixing Bowl**. Add the black beans and cumin to the bowl and mix well.
5. Place three tortillas on the bottom of the pan. Pour half of the sauce over the tortillas, then add *half* of the filling and *half* of the cheese. Repeat the layers.
6. Microwave, covered, on HIGH for 6–8 minutes.
7. Place an oven rack 2–4" (5–10 cm) from the heating element. Preheat the broiler.
8. Remove the pan from the microwave. Uncover and broil for 2–3 minutes, or until the cheese is melted and lightly browned. Serve with optional toppings.

Cook's Tips

You can add cooked, shredded chicken to this recipe. Add it to the bowl in step 4.

Serve this with a simple cilantro lime rice. Combine 1 cup (250 mL) of white rice and 2 cups (500 mL) of water in the **3-qt. (3-L) Micro-Cooker® Plus**. Microwave, covered, on HIGH for 12–15 minutes, or until the rice is done. Let the rice stand, covered, for 10 minutes, then fluff it with a fork. Add 1 tbsp (15 mL) of lime juice, ½ tsp (2 mL) of salt, and ¼ cup (50 mL) of chopped cilantro. Enjoy!

U.S. nutrients per serving: Calories 160, Total Fat 5 g, Saturated Fat 2.5 g, Cholesterol 15 mg, Sodium 480 mg, Carbohydrate 21 g, Fiber 4 g, Sugars 3 g, Protein 10 g

Greek Potato & Green Bean Salad

6 Servings | 5 mins Prep Time | 30 mins Total Time

Salad

- 1 lb. (450 g) "B"-size red potatoes (about 5–7 potatoes)
- 12 oz. (350 g) frozen green beans
- 1 can (15.5 oz. or 398 mL) reduced-sodium chickpeas, rinsed and drained
- 1 pkg (5 oz.) salad greens (spinach, romaine, or blend) (about 6–8 cups/1.5–2 L)
- ½ cup (125 mL) sliced black olives, drained
- Optional: grilled chicken or shrimp, crumbled feta cheese, roasted red peppers

Dressing

- 6 tbsp (90 mL) olive oil
- ¼ cup (50 mL) red wine vinegar
- ½ tsp (2 mL) dried oregano
- ¼ tsp (1 mL) *each* dried basil, onion powder, and salt (see cook's tip)

Directions

1. Slice the potatoes with the **Veggie Wedger**.
2. Place the potatoes into the **Multipot**. Add enough cold water to just cover the potatoes. Cover with lid and bring to a boil over high heat.
3. When the potatoes reach a boil, reduce the heat to medium, remove the lid, and cover with the **Collapsible Steamer & Strainer** (collapsed one layer). Add the green beans to one half of the steamer and the chickpeas to the other half.
4. Cook, covered, for 8–10 minutes, or until the green beans are crisp-tender.
5. Combine the dressing ingredients in the **Measure, Mix & Pour®**; mix until blended.
6. Place the salad greens in a large serving bowl. Transfer the green beans and chickpeas to the bowl. Drain the potatoes with the lid and transfer to the bowl.
7. Top with olives and dressing, and toss to coat.

Cook's Tip

You can substitute the dried herbs in the dressing with 1 tbsp (15 mL) of **Greek Rub**.

U.S. nutrients per serving (2 cups/500 mL): Calories 290, Total Fat 16 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 410 mg, Carbohydrate 30 g, Fiber 7 g, Sugars 4 g, Protein 6 g

One-Pot Chicken Parmesan & Zucchini Noodles

4 Servings | 10 mins Prep Time | 20 mins Total Time

Ingredients

- 12 oz. (350 g) chicken tenderloins
- Salt and pepper
- 4 medium zucchini
- 1 cup (250 mL) marinara sauce (see cook's tip)
- 2 oz. (60 g) fresh Parmesan cheese
- ¾ cup (175 mL) gluten-free croutons or crackers

Directions

1. Season both sides of the chicken with salt and pepper and place it in the **Rockcrok® Everyday Pan**. Microwave, covered, on HIGH for 4–5 minutes, or until the internal temperature reaches 165°F (74°C).
2. Spiralize the zucchini using the fettuccine blade on the **Veggie Spiralizer** or grate into long strips with the **Veggie Strip Maker**. Place the zucchini noodles in a bowl and use paper towels to press out excess liquid.
3. Remove the chicken from the microwave and chop with the **Salad Chopper**.
4. Add the zucchini noodles and sauce to the pan and stir to combine. Microwave, covered, on HIGH for 5–6 minutes, or until the zucchini is softened.
5. Grate the cheese with the **Microplane® Adjustable Fine Grater**. Place the croutons in the **Manual Food Processor** and process until very finely chopped.
6. Place an oven rack 2–4" (5–10 cm) from the heating element. Preheat the broiler. Remove the pan from the microwave and stir in *half* of the cheese. Top with the remaining cheese and crouton crumbs.
7. Broil, uncovered, for 1–2 minutes, or until the crumbs are browned.

Cook's Tip

Want to make your own marinara sauce instead? Use ½ can (28 oz./796 g) of crushed tomatoes, 3 pressed garlic cloves, ¼ tsp (1 mL) of dried basil leaves, ¼ tsp (1 mL) of dried oregano leaves, and ½ tsp (2 mL) of salt. Add all the ingredients to the pan as directed in step 4.

U.S. nutrients per serving: Calories 240, Total Fat 7 g, Saturated Fat 3 g, Cholesterol 60 mg, Sodium 560 mg, Carbohydrate 18 g, Fiber 3 g, Sugars 8 g, Protein 28 g

Beef & Mushroom Sliders

4 Servings | 20 mins Prep Time | 30 mins Total Time

Ingredients

- 2 pkgs (8 oz./250 g *each*) white or cremini mushrooms
- 8 oz. (250 g) 80% lean ground beef
- 1 egg
- ½ cup (125 mL) panko bread crumbs, plus additional for sprinkling
- Salt and pepper
- 8–10 Slider buns
- Optional toppings: sliced tomato, Swiss cheese, pickles, lettuce

Directions

1. Slice the mushrooms with the **Quick Slice**. Place the mushrooms into the **Manual Food Processor** in batches and process until finely chopped.
2. Transfer the mushrooms to the **3-qt. (3-L) Micro-Cooker® Plus**. Cover and microwave on HIGH for 2½–3 minutes. Drain the mushrooms very well in a small **Stainless Steel Mesh Colander**.
3. Combine the mushrooms, beef, egg, panko, salt, and pepper in a large bowl. Use the **Mix 'N Masher** to mix until well combined.
4. Heat the **Nonstick Double Burner Grill** over medium heat for 3–5 minutes.
5. Place the slider insert into the base of the **Burger & Slider Press** and sprinkle with panko. Place about ¼ cup (50 mL) of the meat mixture into the press and release onto a **Flexible Cutting Mat**. Repeat to make 8–10 sliders.
6. Grill the sliders for 3–5 minutes per side, or until the centers of the sliders are no longer pink and the internal temperature reaches 165°F (74°C). Serve on buns.

Cook's Tips

The mushrooms in this recipe aren't just for flavor—they replace half the ground beef. The flavor of the mushrooms complements the beef, so you end up with a seriously satisfying slider.

To add a little extra flavor and keep your burgers from sticking, sprinkle a little **Crushed Peppercorn & Garlic Rub** on the base of the **Burger & Slider Press** before pressing each burger.

U.S. nutrients per serving (2 sliders): Calories 220, Total Fat 13 g, Saturated Fat 5 g, Cholesterol 85 mg, Sodium 75 mg, Carbohydrate 11 g, Fiber 1 g, Sugars 3 g, Protein 16 g

Chicken Sausage & Spinach Ravioli

4 Servings | 5 mins Prep Time | 30 mins Total Time

Ingredients

- 12–14 oz. (350–400 g) frozen cheese ravioli
- 2 links fully cooked chicken sausage
- 2 tbsp (30 mL) butter
- 2 garlic cloves
- ¼–½ tsp (1–2 mL) red pepper flakes
- 5 oz. (150 g) fresh baby spinach leaves
- Optional: cherry tomatoes, Parmesan cheese

Directions

1. Cook the ravioli according to the package directions in the **5.25-qt. (5-L) Nonstick Stock Pot**. Don't drain the water.
2. Use the **Quick Slice** to cut the chicken sausages.
3. When the pasta is almost done, melt the butter in the **12" (30-cm) Stainless Steel Nonstick Skillet** over medium heat. Add garlic pressed with the **Garlic Press** and the red pepper flakes. Cook and stir for 30 seconds, or until fragrant.
4. Use the **Scoop 'N Drain** to add *half* of the ravioli to the skillet and stir until well coated. Repeat with the remaining ravioli. Toast the ravioli in the pan for about 5 minutes, turning occasionally, until browned.
5. Add the sausage, spinach, and *¼ cup (50 mL)* of the pasta water. Toss gently until the spinach wilts slightly.
6. Remove from the heat and serve.

Cook's Tip

You can cook the ravioli in the **12" (30-cm) Stainless Steel Nonstick Skillet**. Add enough water to cover the ravioli, and reserve ¼ cup (50 mL) of the pasta water in a separate bowl.

Toasting the ravioli gives it a crispy, toasted exterior which adds deeper flavor.

U.S. nutrients per serving: Calories 320, Total Fat 16 g, Saturated Fat 8 g, Cholesterol 100 mg, Sodium 650 mg, Carbohydrate 30 g, Fiber 3 g, Sugars 1 g, Protein 16 g

Butternut Squash Pasta With Brussels Sprouts & Bacon

4 Servings | 10 mins Prep Time | 30 mins Total Time

Ingredients

- 1 medium butternut squash
- Oil for spritzing
- Salt and pepper
- 5 slices bacon
- 10 oz. (300 g) fresh Brussels sprouts
- 6 sage leaves
- ½ cup (125 mL) chicken broth

Directions

1. Preheat the oven to 400°F (200°C).
2. Use a **Chef's Knife** to trim the ends off the squash, then cut it in half widthwise (between the top and bottom sections). Save the bulbous end for another recipe. Peel the narrow neck section.
3. Spiralize the squash with the fettuccine blade of the **Veggie Spiralizer**. Trim the noodles with **Kitchen Shears** and transfer them to the **Half Sheet Pan**. Use the **Kitchen Spritzer** to spray the noodles with oil, then season with salt and pepper. Bake for 14–16 minutes, or until softened.
4. Dice the bacon into small pieces. Cook the bacon in the **12" (30-cm) Stainless Steel Nonstick Skillet** over medium heat for 8–10 minutes or until crispy. Use a slotted spoon to transfer the bacon to a paper-towel lined plate, leaving the grease in the pan.
5. Meanwhile, trim the ends off the Brussels sprouts and slice using the **Simple Slicer** on the No. 3 setting.
6. Add the Brussels sprouts and sage grated with the **Herb Mill** to the skillet. Sear the sprouts for 3–4 minutes, turning and stirring occasionally.
7. Remove the squash from the oven. Add the squash, bacon, and broth to the skillet. Stir to combine while scraping the bottom of the pan and heat for 1–2 minutes.

Cook's Tip

Roasting the butternut squash noodles keeps them from breaking or getting too soggy.

U.S. nutrients per serving: Calories 260, Total Fat 5 g, Saturated Fat 2.5 g, Cholesterol 5 mg, Sodium 210 mg, Carbohydrate 47 g, Fiber 8 g, Sugars 11 g, Protein 9 g

7 Tips to Simplify Dinner

1

Want your meat to cook quickly? Use a **Meat Tenderizer** to pound it thinner before you cook. If you're cooking chicken, you can butterfly it in the **Close & Cut**, too.

2

Refrigerated or frozen pasta is great to have on-hand for quick weeknight meals because they cook more quickly than dried pastas.

3

In the mood for pizza? Don't wait an hour for delivery—it's a lot faster to make your own in the **Double Burner Grill**. It only takes about 5 minutes per side. See the *Grilled Spinach, Basil & Honey Pizza* recipe on p. 6 to see how to do it!

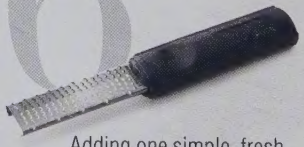
4

When you don't have all day to cook a hearty meal, use the **Quick Cooker** instead. It cooks big cuts of meat like pork tenderloin, pork shoulder, roasts, and more in 70% less time than they take to slow cook.

5

Keeping your kitchen stocked with essentials will help when you're trying to get a meal on the table fast. Canned goods like tomato paste and olives and basics like frozen vegetables last a long time. Stock up when they go on sale and use them when you don't have time to prep fresh ingredients.

6



Adding one simple, fresh ingredient like garlic or lemon zest can punch up the flavor of any meal. You won't get the same taste from a jar!

7

A huge way to cut down prep time is to have the right tools. Essentials like the **Simple Slicer**, **Manual Food Processor**, and **Food Chopper** make it easy to cut and prep in a fraction of the time it takes to do by hand.

Get more great tricks and timesaving tips at **blog.pamperedchef.com**.

What's Inside

- Recipes and tips you can use to get dinner on the table in about 30 minutes.
- Recipes you can make for about $2 per serving* using fresh, healthy ingredients.

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*Prices are estimated and may vary regionally. Around $3 per serving in Canada.

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